

SPORTS

TRACK AND FIELD

Broncos 1st at Border State Bank Invite

JOURNAL STAFF REPORT

After having finished first at home five days earlier in their first outdoor meet of the season, the International Falls varsity track and field teams once again ended up on top in Tuesday's Border State Bank Invite at Lake of the Woods.

In the boys competition, the Broncos finished first among the six teams with 149 points, followed by Warroad (116), Dryden (103), BGMR (96), Fort Frances (47) and Lake of the Woods/Rainy River (31).

Falls junior Ethan Phung was a double individual winner by placing first in both the high jump (5 feet, 6 inches) and triple jump (38-6.5). He also finished runner-up in the long jump (18-8.75).

"Our performances in the field events really helped us win the meet," Phung said. "It was perfect weather and that provided us a chance to get personal bests. I'm proud of how everyone did."

Broncos junior Wyatt Helgeson won the pole vault (9-6) and placed runner-up in the high jump (5-4).

Falls senior Cole Tatsak recorded the team's only first place in the track events when he won the 300-meter hurdles (45.01 seconds). He also finished runner-up in the triple jump (37-5).

"Everyone did their best and so many people came out with medals," Tatsak said.

Other runner-up individual finishes for the Broncos included Nick Hedtke in the shot put (38-8), Gary Harala in the discus (90-8) and Chase Howdahl in the



Falls' John Cowman competes in the 800-meter run in Tuesday's Border State Bank Invite at Lake of the Woods.

3200 run (12:17).

The Falls also got third-place individual finishes from Hedtke in the 200 dash (25.59), John Cowman in the 800 run (2:19.66) and Jared Hunter in the 3200 run (12:39).

The Broncos placed second in two of the four relay events with Hedtke, Helgeson, Phung and Tatsak in the 4X100 (48.66) and Tatsak, Hedtke, Hunter and Cowman in the 4X400 (3:56.66). **FHS GIRLS 1ST**

In the girls competition, the Falls topped the team standings at 220.2, followed by Warroad (99.6), Dryden (91), Fort Frances (59.2), BGMR (45) and Lake of the Woods/Rainy River (18).

The Bronco girls placed first in nine of the 18 events and also had 11 runner-up finishes.

Falls senior Savannah Olson won both the shot put (35-11.5) and discus (108-5).



CONTRIBUTED PHOTOS

In front from left, the Broncos' Emma Gilbert reaches back to receive the baton from Bailey Milette while competing in the 4X200-meter relay in Tuesday's Border State Bank Invite at Lake of the Woods.

Other first-place individual finishes for the Broncos included Abby Kostiuk in the 400 dash (1:08.47), Lexi Erickson in the 3200 run (11:54), Claire Herzig in the pole vault (8-6), Valandre Butler in the long jump (14-3) and Paige Wold in the triple jump (28-6.75).

"It was really nice to be able to run outside in the sun without all the extra clothing we usually have to wear under our uniforms," Butler said.

The Falls' individual runner-up finishers includ-

ed Butler in the 100 dash (13.96), Emma Gilbert in both the 200 dash (28.99) and shot put (34-11.5), Tayler Hebner in the 1600 run (6:06.31) and triple jump (26-11.5), Carolann Stone in the 800 run (2:43.9), Bailey Milette in the 300 hurdles (56.28), Erickson in the high jump (4-4) and Saari in the pole vault (8-0).

"Everyone competed well (Tuesday)," Hebner said. "The weather was perfect and it felt great to be out on the track."

In the four relay events, the Broncos won two and placed second in the other two.

Kostiuk, Herzig, Milette and Gilbert won the 4X200 (1:59.65).

Hebner, Jena Sullivan, Stone and Erickson placed first in the 4X800 (11:00.69).

Saari, Anna Earley, Paige Taschuk and Marina Wiley finished runner-up in the 4X100 (58.29).

Kostiuk, Earley, Hebner and Stone came in second in the 4X400 (4:47).

The Falls had another meet Thursday in Bemidji.



The Broncos' Claire Herzig competes in the pole vault in Tuesday's Border State Bank Invite at Lake of the Woods. Herzig placed first after clearing 8 feet, 6 inches.



In front from left, the Falls' Cole Tatsak reaches back to receive the baton from Ethan Phung while competing in the 4X100-meter relay in Tuesday's Border State Bank Invite at Lake of the Woods.

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